heart**KIDS** SA **QUARTERLY**

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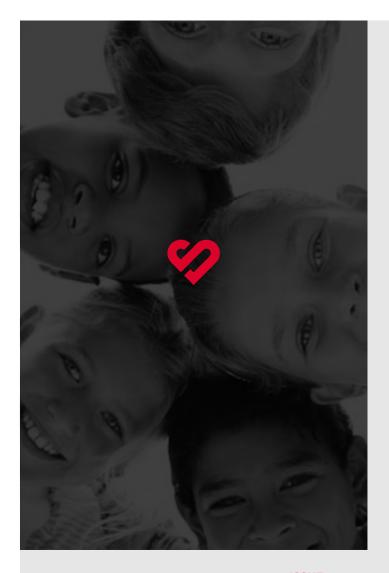
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heartKIDS SA BIG WALK





ISSUE 23:001





2023: A SEASON OF PRAYER, REFLECTION + RENEWAL

2023 has kicked-off at a frenetic pace for us with our annual heartKIDS SA BIG Walk in Cape Town, and East London and for the first time our Johannesburg and Pretoria warriors coming together in the Highveld.

Our sincere gratitude to all the organisers and participants for continuing to make this one of our flagship events and year-onyear the largest CHD awareness campaign in South Africa.

This Quarter's Newsletter comes out during the observation of important commemorations across several religions centred thematically on prayer, reflection and renewal.

Having centred 2022 on negotiating the "new normal" that a CHD diagnosis often brings, as continue on our journeys, in 2023 may these themes of prayer, reflection and renewal - in the context of our diverse religious and spiritual backgrounds be a central source of shared strength in our CHD community.

HERBERT BARENDS, CHAIRMAN

SPOTLIGHT ON: Bethany Ring

Five years ago, my husband and I were blessed when a beautiful four month old baby girl came into our lives, and we named her **Bethany.** What we could never have imagined was that three years on from that fateful day, she would be diagnosed with **Tratology of Fallot** - an intimidating combination of four congenital heart defects.

Perhaps what made the diagnosis an even greater surprise was that, we as her parents had not had any idea that anything was out of the norm with her, as she seemed a **bubbly, naughty child** that was living the same energetic life of any gregarious toddler.

It took our visit to a doctor when she was feeling a little sick and what we thought would be a mild flu or fever, instead became the revelation of an **irregular heartbeat** and from that moment our lives have never been quite the same.

After consulting with doctors it became apparent soon thereafter that this would not be something that could be corrected with a course of medication and that she would in fact need surgery - and that's when **my world fell apart** as my human nature could not help but imagine every scenario that the surgery could go wrong.

In the end, I had to remind myself as a Christian woman that all one had is prayer and their **faith in the Lord**, and with those two in mind, made the decision to proceed with the surgery.

Thankfully, tense as the wait had been since the initial diagnosis, our daughter rolled into the Red Cross Children's Hospital on Wednesday, 22 March 2023, for what proved to be a **very successful openheart surgery**. So speedy was her recovery that not only was she walking on the fourth day post surgery, but she was discharged just under a week after the surgery.

Bethany has continued well with her recovery and is back to being that bubbly girl with a ready smile belying **her courage & tenacity** as a Heart Warrior.

Sandra King





2023

Milan Wilson (05 Feb)

2022

Matthew Petersen (07 Feb)

2020

Khalishwayo

Kreya Yuvari Govender (31 Jan)

Sozinceba Mcenge (12 Mar)

(05 Mar)

2019

Wazena Esau (14 Jan) Eliana Rambaran (15 Jan) 2018

Justin Bleeker (05 Mar)

Safiya Saber (22 Mar)

Spencer James Dean (23 Mar)

2016

Sinikiwe Made (05 Jan)

Mishka Nkele (14 Feb)

2015

Riley Golden (13 Mar)

2009

Atiyyah Abdulsuther (13 Mar)

Tianna Pillay (20 Mar)

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IN MEMORIAM

Sending light and love in remembrance of all little warriors that gained their angel wings and rose to eternity...



EVENTS



703 th



3 cities





The heart**KIDS** SA **BIG** Walk picked up from 2022 and was held across three cities countrywide, with Joburg and Pretoria joining forces.

With over 700 participants walking a over 3,000km from the picturesque promenades of the Indian and Atlantic oceans, to the golden Gauteng Highveld.

The weather in East London and Cape Town really did show off, and though were rained out in Gauteng, still enjoyed a hearty brekkie together.

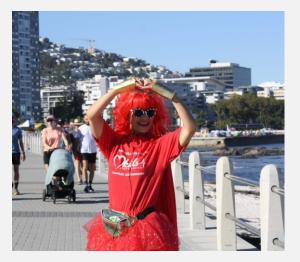
Our sincere thank you to all those who participated, and our heartfelt gratitude to all our busybee organisers for making these walks possible.

CAPE TOWN



























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